



Rollapoolooza Clinic Information Sheet

The Adventure Program of Raleigh Parks and Recreation is happy to present Rollapoolooza 2006! Please take the time to review the following clinic information, which provides an idea of clinic content. Sign up is on a first come first serve basis. To enroll please see a staff member at the clinic sign up table on the day of the event. The staff will ask some questions to help insure that you sign up for appropriate clinics. Due to high demand we ask that participants initially sign up for no more than two clinics. This will help to make the event useful for as many people as possible. Below are clinic abstracts that will help to give an idea of skill prerequisites as well as clinic content. Limited equipment is available for those without, but loaned equipment must be returned after the clinic and certain clinics require personal equipment. Clinics will begin and end at a loud horn blast.

Clinic Abstracts

Boat Orientation: Novice

Boat orientation is designed for the total green horn entering the sport. Staff will start you off right with a strong foundation including appropriately adjusting the boat, equipment terminology and use, how to hold a paddle, and the art of the wet exit, a necessary skill to advance as a boater. Students will get several opportunities from dry land to on the water practice with the wet exit skill.

Kayak Rescue: Novice

The next step in the progression of skills is to learn how to right your boat by using a fellow paddler's boat. Traditionally called the Eskimo rescue or T-rescue this skill will help build confidence and body mechanics necessary for developing a future roll. Not to mention this skill will reduce the need for unplanned swims.



Performance Strokes: Novice or Intermediate

Benefit from taking a close look at the kayak strokes. This course will provide students with feedback on kayaking strokes, and will offer tips to help fine tune strokes. The goal for students is an increased efficiency in strokes such as the sweep, draw, bow or stern draws, and of course the forward stroke.

Kayak Roll: Intermediate

There are many ways to roll a kayak. This course will help develop skills as students search for the sometimes elusive kayak roll. Instructors will help introduce students to the roll progression and help them progress to the next level with their roll.

Hand Roll: Intermediate or Advanced (participants must have personal equipment)

Have your roll but want to step it up a notch? Throw away the paddle for a minute and try hand rolling. This clinic will focus on the body finesse and technique required to roll a kayak without a paddle. Although the name implies it, this skill involves much more than just using your hands.

Squirts: Intermediate or Advanced (participants must have personal equipment)

The beginnings of play boating can be found in the squirt. Either with your bow or stern a squirt is the skill of slicing one end in the water causing the opposite end to elevate. Learn the basics of the squirt and watch your kayaking play book begin to expand.

Cartwheels: Advanced (participants must have personal equipment)

Just like the ones kids do on land, cartwheeling a kayak is the art of vertically swapping end for end across the water. This clinic will focus on the basics of cartwheels including boat angle, momentum, paddle control, and torso rotation. Start throwing ends and learn the basics of one of the most popular moves or fine tune the skill of cartwheeling. Participants should have a solid foundation of squirt skills.

Stalls: Advanced (participants must have personal equipment)

Whether it is on the bow or stern it does not matter. This clinic will focus on the art of getting your kayak balanced vertically on either end. Students begin to put together the basics or fine tune the combination of weight shifts, paddle control, and boat placement to help maintain balance over an end in flatwater.

Loops: Advanced (participants must have personal equipment)

Currently the Mount Everest of flatwater, the loop combines stall skills along with a pogo stick motion to provide the most dynamic flatwater move. This clinic will focus on bringing these skills together and will help experienced boaters problem solve the loop challenge. Participants should have a solid foundation of stall skills.